

THE GREAT COMMUNICATOR

Serious
Surgeons



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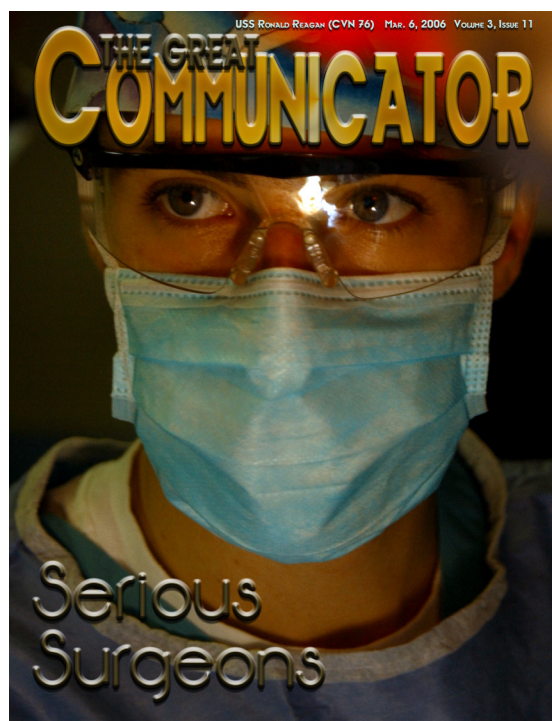
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Watching and waiting

Aviation Boatswain's Mate 3rd Class Sharon Clark from V-3 Division waits on a spotting dolly for aircraft to be brought down from the flight deck on board USS Ronald Reagan (CVN 76). Reagan is currently deployed as part of a routine rotation of U.S. maritime forces in support of Operations Iraqi Freedom and Enduring Freedom, as well as conducting Maritime Security Operations (MSO) in the region. Photo by AN (AW) Daisy Abonza.



On the front cover



Cover photo by
PHAN (AW)
Christine Singh

Hospital Corpsman 3rd Class Justin Brock assists during a hernia operation in the operating room aboard USS Ronald Reagan (CVN 76). Reagan is currently deployed as part of a routine rotation of U.S. maritime forces in support of Operations Iraqi Freedom and Enduring Freedom, as well as conducting Maritime Security Operations (MSO) in the region.

This newspaper is an authorized publication for military members on board USS Ronald Reagan (CVN 76). Contents of The Great Communicator are not the official views of, or endorsed by, the U.S. government, the Department of Defense or the United States Navy.

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Reagan's medical team tackles a major surgery

By PHAN (AW) Christine Singh
Staff Writer

The sick call lines are not the most pleasant to wait in every morning. The medication you're prescribed sometimes seems a little lacking. Yet the surgeries that USS Ronald Reagan's (CVN 76) Medical Department performs are known to impress even the most cynical Sailors.

One of the many Sailors aboard who has learned not to take Medical for granted is Interior Communications Electrician 3rd Class Ronald "Ronnie" Stowell who learned the hard way.

"I started to experience this constant pain in my side. When I ate or bent over or rolled on to my side when I was sleeping, I'd

get these really sharp spurts of pain," said Stowell. "Finally I just couldn't take it anymore and decided to go to Medical."

According to Stowell, though the X-ray that was administered showed no sign of any problems, the ultrasound they performed did.

"They said that I had a large mass and that they could actually see it, in both the ultrasound and in the physical examination protruding from my side," said Stowell. "So they said that I was going to have to have surgery — that day."

According to Cmdr. George Linville, the ship's surgeon, the fact that there wasn't solid information about the nature of the mass

was all the more reason for the immediate surgery.

"The ultrasound showed a definite mass," said Linville. "It's something that usually indicates signs of an infection or a tumor in the belly. In a man Stowell's age the problem statistically could have been an appendicitis."

According to Linville, Stowell's appendix, as it turned out, wasn't involved at all.

"It turned out that his small bowel was perforated and had abscess. In an operation that lasted about an hour and a half, we removed two and a half feet of his small bowel before we sewed the clean, unaffected areas back together again."

Despite having

recovered the infected parts from Stowell, the mystery of how the mass developed is still unsolved.

"We sent the sample to a lab in Bahrain to be looked at under a microscope. Though we haven't heard anything back yet, we're hoping to hear why the hole formed and for them to let us know the incident doesn't involved any type of tumor," said Linville.

Though the surgery itself was a bit unusual, the team that work alongside Linville was ready to handle the situation.

"We do about ten surgeries a week down there," said Linville. "Though most are more minor than this one, I have a terrific team. Their training

and experience gave them enough background to deal with this surgery. It's a surgery that I don't think any other ship has performed before, especially not underway."

Linville is not the only one on board to realize the attributes of the people he works with either.

"I think the doctors and the Hospital Corpsmen did a great job with me," said Stowell. "I spent about six days in medical and they helped me a lot down there. I don't know much about what happened during the operation or anything, but whatever they did, it was awesome. It's the first surgery I've experienced, and it happened in the middle of the ocean."

Pre-flight checks



PHAN (AW) Kathleen Gorby

After performing pre-flight checks in a cockpit of an F/A-18 Super Hornet, Airman Chance Henley climbs down the aircraft and onto the flight deck.

Video Teleconferencing kicks off

By PHAN Lawrence Davis

Staff Writer

Is there any amount of money that a Sailor wouldn't pay for just a few sacred moments of quality time with his or her spouse or loved ones?

Well, what if there was no charge and the time was a possibility? Well, that possibility is here through video teleconferencing (VTC).

the VTC coordinator, and several others, Sailors aboard are now able to communicate not only through conversation, but visually.

"Just being able to bring a smile to my fellow shipmates and their family members face is rewarding," said Strickland.

Strickland volunteered for the position of VTC coordinator. His primary responsibility is to coordinate between the Ombudsman back in San Diego

"Just being able to bring a smile to my fellow shipmates and thier family member's faces is rewarding."

-- Chief Avaition Ordnanceman (AW/SW)

Charles Strickland

The newest form of communication aboard USS Ronald Reagan (CVN 76) has finally arrived! Thanks to Capt. Terry B. Kraft, Reagan's Commanding Officer, Chief Aviation Ordnanceman (AW/SW) Charles Strickland, who is

and Sailors on board. Once he has done that, he schedules times in 15-minute increments where Sailors are able to communicate with loved ones via live satellite feed.

VTC ... Cont. on page 4

InsiderdotCom

Quit Today

www.quitsmokingsupport.com

This is one of the most popular quitting smoking websites on the internet with an average of 1.5 million page views per month. If you want to quit smoking, it's the right place. Quitsmokingsupport.com tries to be as interactive as possible. The site lets you talk with people, and read how others have been able to quit. It's dedicated to providing free support, information and resources to assist anyone who has the desire to quit smoking. They were one of the first smoking cessation support web sites on the internet. If you are interested in some excellent daily and personalized support, be sure to check it out.

Products to Help

www.stopsmokingreviews.com

Are you looking for a natural, safe, affective way to stop smoking? As many of you know, it is not easy to quit smoking. This site has done a lot of research and found there are some "natural" products that can help somebody quit smoking forever. Stopsmokingreviews.com came up with their list of the top natural stop smoking products they believe to be the most effective. The site is only recommending products that are "natural," meaning no drugs whatsoever. The ratings are based on customer satisfaction, company reputation, best selling products and overall results reported by actual customers.

This Day in History

1475 Michelangelo born

Michelangelo Buonarroti, the greatest of the Italian Renaissance artists, is born in the small village of Caprese.

1931 First radio newsreel debuts

The first radio newsreel, The March of Time, debuts on this day in 1931. The show, associated with Time magazine, featured dramatizations of news events, complete with music, sound effects, and a stable of actors to impersonate real news figures. In 1942, the show shifted to straight news, with only a few dramatized events.

VTC

Continued from page 3

There are just a few simple steps required in order to qualify for VTC. First, the spouse or loved one must attend monthly Ronald Reagan Family Support group meetings held by the Ombudsman at Murphy Canyon Chapel. For address and directions, email the Ronald Reagan Family Association at RRFA76@yahoo.com. Once the family attends the meeting, they will be given a ticket with their Sailors name on it that will be used in a lottery-style drawing. If the service member's name is drawn that Sailor gets a 15 minute video teleconference with their loved one.

Because of the time difference between the ship and San Diego, the VTCs will be held from 12 am to 4 am.

"To see those Sailors go inside that VTC and see thier newborns for the first time over live satellite feed was just awesome.

***— Chief Aviation Orndnanceman
(AW/SW) Charles Strickland***

In order to accommodate the many Sailors aboard Reagan, VTC is a one-time deal. According to Strickland, VTC will be available on the last week of every month from March to May.

"We plan to schedule 16 sailors per night, five nights a week, for a total of 80 Sailors per week," said Strickland.

Strickland and his team performed their first VTC run aboard Reagan with 16 sailors whose spouses had recently given birth.

"To see those sailors go inside that VTC and see their newborns for the first time live over satellite feed was just awesome. It was a big morale booster," said Strickland. "I received several emails from those individuals and it was thumbs up all the way around."

WANTED CAPTIONS



Calling all comedians! So you think you're pretty funny, huh? Come up with an amusing, appropriate caption for this photo and send it to sennsd@cvn76.navy.mil with "Caption Contest" in the subject line. The winning caption will be posted in the next issue.

LAST ISSUE'S WINNERS

FIRST

Congratulations! It's a baby . . . b . . . b . . . bomb?!?!

CS3 Elias Martinez
Supply/S-2

SECOND

I said . . . you're standing on my FOOT!!!

ITC (SW/AW) Christopher Culp
Ops/OT



THIRD

No Submissions



Seabees Test Their Mettle in Super FEX

By JO1 (SW) Dennis J. Herring, Naval Mobile Construction Battalion 1 Public Affairs

GULFPORT, Miss. (NNS) -- Seabees from Naval Mobile Construction Battalion (NMCB) 1, based in Gulfport, Miss., began their field exercise (FEX) Feb. 17 at Camp Shelby, an Army training center located near Hattiesburg, Miss.

The battalion joined two other seabee units there, Underwater Construction Team (UCT) 1 of Little Creek, Va., and NMCB 26, a reserve battalion based out of Selfridge Air National Guard Base, Mich. Together the three units joined to perform in a "Super" FEX, or exercise combining multiple units with varied taskings.

NAVSO Sailors Pitch in to Support Special Olympics

By JO1 Neah Kelly, U.S. Naval Forces Southern Command Public Affairs

MAYPORT, Fla. (NNS) -- Nine Sailors from U.S. Naval Forces Southern Command (NAVSO) traveled north to Fernandina Beach High School for a day in mid-

February to help with the Nassau County Special Olympics.

Athletes from Florida's Northeast region participated in track and field events throughout the day. When the athletes were not competing, they gathered around to encourage fellow competitors and enjoyed the games. The games are held annually in different regions to offer all interested athletes the opportunity to compete.

Navy Reservists Support Balikatan 2006, Leyte Relief Effort

By JO1 Scott Comstock, Naval Reserve Fleet Public Affairs Center Northwest

CLARK AIR BASE, Philippines (NNS) -- Navy Reservists with Fleet Logistic Support Wing are playing a crucial role during Exercise Balikatan 2006, a bilateral combined exercise, being held in the Philippines Feb. 20 to March 5.

Balikatan is conducted annually in the Philippines to exercise joint and combined operations in support of the Mutual Defense Treaty between the United States and the Republic of the Philippines.

Balikatan 2006 personnel enabled key assets of the American and Filipino militaries to be in the right place at the right time to assist relief efforts on Leyte Island after a massive mudslide buried the town of St. Bernard.

NMCB 4 Air Det. Participates in Exercise Balikatan

By BU3 Matthew Schumacher, Naval Mobile Construction Battalion 4 Public Affairs

JAPAN (NNS) - Currently deployed to Okinawa, Japan, for six months, Naval Mobile Construction Battalion (NMCB) 4 Air Detachment (Air Det) is re-deploying to the Philippines to participate in Exercise Balikatan 2006 in March.

This particular assignment is challenging because the construction will take place in an area where the threat of terrorism is high. Over the past weeks and months, NMCB 4 Air Det has practiced their construction skills and refreshed their military knowledge to meet those challenges. Long hours and much effort have been spent preparing everything down to the last detail, leaving nothing to chance.

PACOM Thanks USS Essex, 31st MEU Marines For a Job Well Done

By JOC (SW/AW) Christina Johnson, USS Essex Public Affairs

USS ESSEX, At Sea (NNS) -- Adm. William J. Fallon, commander, U.S. Pacific Command, visited USS Essex (LHD 2) March 2, to thank the crew and embarked 31st Marine Expeditionary Unit (MEU) for their hard work during the Leyte humanitarian assistance, disaster relief efforts while the ship was underway off the Philippine coast.

TR's CS-1 Sets Standard for Communication Readiness

By JO2 Stephen Murphy, USS Theodore Roosevelt Public Affairs

ABOARD USS THEODORE ROOSEVELT (NNS) -- USS Theodore Roosevelt's (TR) (CVN 71) CS-1 division of USS Theodore Roosevelt's (CVN 71) Combat Systems Department has set a higher precedence for all other Message Center (MAINCOMM) divisions throughout the fleet.

During TR's current

deployment, CS-1 received a rating of 98 percent during a Comprehensive Communications Assessment for Communication Readiness certification (CRC).

The assessment served to evaluate the ship's overall communications ability to process various types of outgoing and incoming record communications under simulated wartime conditions. The team was also evaluated on its ability to execute a comprehensive Operational Planning (OPLAN) as a total systems approach of external communications.

Advisory Committee Recommends Big Changes to Military Pay System

By Donna Miles, American Forces Press Service

WASHINGTON (NNS) -- A committee that's spent the past year studying the military compensation system is recommending sweeping changes that, if approved, would bring military compensation more on par with private-sector compensation.

FIVE DISK CHANGER



CS3 Leyna Pena

*Dance Dance - Fall Out
Boy
Peanut Butter Jelly Song
Pretty Girl - NB Riders
The Ghost of You - My
Chemical Romance
BYOB - System of a Down*



AW1 (AW/NAC) Chris Showerman
*Freinds - Michael
Douglas Smith
Justaslam - David Phelps
One - Metallica
Bohemian Rhapsody -
Queen
Sweet Child of Mine -
Guns N' Roses*



YN3 Samuel Jones
*Touch the Sky - Kanye
West
The Corner - Common
My Angel - Bobby
Valentino
Day Dreamin' - Anthony
Hamilton
Don't Change - Musiq
Soul Child*



PS3 (SW) Rob Rivera
*Blood Clots and Black Holes
- Thrice
Nice to Know You - Incubus
The Idiots Have Taken Over
- NOFX
Cuts Marked in the March of
Men - Coheed & Cambria
Midnight Radio - Hedwig &
the Angry Inch*

PHOTO CORNER

BY PHAN (AW) CHRISTINE SINGH

Let's go back to the day that the water was so calm and smooth outside that everyone you knew paused to take it in and marvel about how they'd never seen the water around us look so calm and peaceful.

It was a good moment and one that we don't often experience in the hectic busy days we're accustomed to — one that anyone with a camera wanted to capture.

Yet there are tricks to the trade that people even with the purest love of photography may not know -- things that many a photographer may have taken for granted.

-First, know your equipment. If you have one, read the manual, take time to try out your different functions. Try shooting a landscape type picture on a portrait mode for example. You may be surprisingly pleased with what comes out, and if not, you're getting better at picture taking without ever realizing it.

-Try it without a flash. This especially comes in handy on the flight deck and after we've called darken ship. Take advantage of the lighting around you, whether it's the sun setting through the hangar bay doors or the stark shadows cast on the flight deck in the middle of the day.

That was just a couple of tips to help you photo hobbyists out. If you have any questions about topics you'd like to see in the next Photo Corner, please contact the editor at semnsd@cvn76.navy.mil or myself at singhc@cvn76.navy.mil.

Broadside by Jeff Bacon



Private Murphy by Mark Baker



Today's Movies

0830-1900

Ch. 2 - Tim Burton's
Corpse Bride
Ch. 3 - Dark Water
Ch. 4 - Rush Hour

1900-0730

Ch. 2 - Into the Blue
Ch. 3 - Sahara
Ch. 4 - Bonnie &
Clyde

Tomorrow's Movies

0830-1900

Ch. 2 - Must Love
Dogs
Ch. 3 - The Cave
Ch. 4 - Grease

1900-0730

Ch. 2 - Poltergeist
Ch. 3 - Any Given
Sunday
Ch. 4 - The Brothers
Grimm

Just for Laughs

Comics provided by
Military.com

Ricky's Tour by Mike Jones



New Navy uniform concepts approved by CNO

Navy News Service

Release

Outfitting the Sailor of the future took another step forward last week when Chief of Naval Operations Adm. Mike Mullen approved plans for a single working uniform for all ranks and a year-round service uniform for E-6 and below Sailors.

Based on recommendations made during a comprehensive briefing by Task Force Uniform Feb. 24, Mullen agreed to production of both a BDU-style working uniform for all Sailors E-1 to O-10 and a more practical, year-round service uniform to withstand day-to-day classroom and office-like environments where the service uniform is typically worn.

"These are good uniforms, designed to support the modern Sailor," said Mullen. "Durability, safety, ease of wear and cleaning were all factors that weighed heavily on my mind, as did, quite frankly, the survey data and the opinions of wear testers. This wasn't a popularity contest by any stretch, but we would have been foolish not to consider the opinions of the men and women who will wear these uniforms."

The BDU-style working uniform, designed to replace seven different styles of current working uniforms, is made of a near maintenance-free

permanent press 50/50 nylon and cotton blend. Worn with a blue cotton t-shirt, it will include an eight-point cover, a black web belt with closed buckle, and black smooth leather boots, with black suede no-shine boots for optional wear while assigned to non-shipboard commands.

"When I walk down the piers, I see a Sailors standing watch as a pier sentry in January and it's 30 degrees and freezing rain," Master Chief Petty Officer of the Navy (SS/AW) Terry Scott said. "You have to ask yourself, does the uniform that we currently issue protect us, and the answer is no."

To meet the all-weather requirement, the new working uniform will include several cold weather options, such as a unisex pullover sweater, a fleece jacket, and a parka. It will also be made in three variants, all in a multi-color digital print pattern: predominately blue, with some gray, for the majority of Sailors and shipboard use; and a woodland digital pattern and a desert digital pattern for Sailors serving in units requiring those types of uniforms.

"The intent of TFU always has been to give our Sailors a uniform in which they can work comfortably everyday and is more appropriate for the joint environment in which we operate," Scott said. "Even better, we've created a uniform that's

also easier to maintain, is longer lasting, helps reduce the size of the sea bag, while at the same time recognizing the tradition and heritage of serving in the Navy."

The service uniform for E-6 and below is comprised of a short-sleeve khaki shirt for males and an over-blouse for females, made from a wash and wear 75/25 polyester and wool blend, with permanent military creases, black trousers for males with belt less slacks for females and optional belt less skirt, and a black unisex garrison cap. Silver anodized-metal rank insignia will be worn on shirt/blouse collars and cap. The service uniform will also include a black relaxed-fit Eisenhower-style jacket with a knit stand-up collar and epaulets, on which petty officers will wear large, silver anodized-metal rank insignia. Those entitled to wear gold chevrons will continue to wear gold chevrons on the large metal rank insignia on the jacket.

"In our research, we found the group most dissatisfied with their present uniforms were E-6 and below," Scott said.

The manner of wear for both of these new uniforms remains under development by TFU and will not be effective until guidelines on prescribed wear are incorporated in the Navy Uniform Regulations.



Department:
VAW 113
Job Title:
Troubleshooter
Final Checker
Where are you from?
Lawndale, Calif.
What inspires you? The members of the armed services
Why did you join the Navy? Adventure
Who is responsible for your success? The people I work with
What piece of advice would you pass on to others? Pay attention to small details



AD3 Steve Fronda

March 3, 2006



AC3 Brandon Quina

March 5, 2006

Department:
Operations
Job Title: Air Ops Sup.
Where are you from? Pensacola, Fla.
What inspires you? My children
Why did you join the Navy? College
Who is responsible for your success? My father
What piece of advice would you pass on to others? No answer

A photograph of two men in a server room. On the left, a man in a dark blue polo shirt with 'DAVE' on the sleeve is looking down. On the right, a man in a light blue U.S. Navy polo shirt with 'MCKAY' and 'U.S. NAVY' on the sleeve is giving a high-five to the first man. In the background, there are server racks and a large computer monitor. A yellow text box is in the top right corner.

Dude,
her and her sister are gonna meet us
on the pier when we pull in!

OPSEC

Because that 19 year old swimsuit model may not be 19...
or a swimsuit model...

